



**CONROY**

GOLD AND NATURAL RESOURCES

## **Conroy Gold and Natural Resources plc**

("Conroy" or "the Company")

### **WIDE GOLD ZONES CONFIRMED BY TRENCHING AT CLAY LAKE GOLD TARGET**

- **5 Metres @ 3.02g/t Gold Recorded In One Trench**
- **Wide Gold Zones Confirmed On Surface By Trenching, Previous Drilling Has Shown Depths Extend To Over 100 Metres**
- **Overall Total In Trenches of 108 Metres of Gold Mineralisation At An Average Grade of 0.58g/t Gold**

Conroy Gold and Natural Resources plc (AIM: CGNR, ESM: CGNR.I), is pleased to announce that assay results from channel sampling in trenches at its Clay Lake Gold Target in Co. Armagh have confirmed wide gold zones at surface. The results included 5 metres @ 3.02g/t gold in one trench and an overall total in all trenches of 108 metres of gold mineralisation at an average grade of 0.58g/t gold.

The wide gold zones now confirmed on surface by the assay results were initially demonstrated by a follow up trenching programme to the recently completed independent structural study on the Clay Lake Gold Target. Correlation with drilling results has shown that the zones extend to depths of over 100 metres.

The wide gold zones at surface also included 22 metres @ 1.01g/t gold within a zone of 38 metres @ 0.68g/t gold, other zones included 21 metres @ 0.58g/t gold, 27 metres @ 0.46g/t gold, 10 metres @ 0.60g/t gold, 8 metres @ 0.36g/t gold and 4 metres @ 0.42g/t gold.

The results are a further indication of the potential of the Clay Lake Gold Target for high tonnage and overall gold content.

This release has been approved by Kevin McNulty PGeo, who is a member of the Company's technical staff, who holds a BSc/MSc in Geology and Remote Sensing, in accordance with the guidance note for Mining, Oil & Gas Companies issued by the London Stock Exchange in respect of AIM Companies, which outlines standards of disclosure for mineral projects.

#### **Professor Richard Conroy, Chairman commented:**

*"These results confirming the presence of wide gold zones at our Clay Lake Gold Target are tremendously encouraging."*

**For further information please contact:**

**Conroy Gold and Natural Resources plc**

Professor Richard Conroy, Chairman

**Tel:** +353-1-661-8958

**Sanlam Securities UK Limited (Nomad)**

Virginia Bull/Simon Clements

**Tel:** +44-20-7628-2200

**Hybridan LLP (Broker)**

Claire Louise Noyce/William Lynne

**Tel:** +44-20-3713-4580

**IBI Corporate Finance Limited (ESM Adviser)**

Ger Heffernan

**Tel:** +353-766-234-800

**Lothbury Financial Services**

Michael Padley

**Tel:** +44-20-7868-2010

**Hall Communications**

Don Hall

**Tel:** +353-1-660-9377

Visit the website at: [www.conroygoldandnaturalresources.com](http://www.conroygoldandnaturalresources.com)